

Menu Plan: Low-Carb Winter #1		
Day	Recipe	Notes/Prep
Sunday	Shredded Chipotle Beef - made into salads	<ol style="list-style-type: none"> 1. Gather preferred salad ingredients (lettuce, salsa, avocados, beans, cheese, dressing, etc.) 2. Set aside 1 1/2 cups of beef for Tuesday's soup.
Monday	Coconut Curry with Cauliflower, Carrots, & Chickpeas	<ol style="list-style-type: none"> 1. Serve with quinoa, if possible. 2. Chop a few extra carrots and save for Tuesday's soup.
Tuesday	Chipotle Steak & Potato Soup	
Wednesday	Asiago & Winter Greens Quiche	<ol style="list-style-type: none"> 1. Leave off the crust, just grease the pan well. 2. Wash all salad greens and save some to use on Thursday and Friday. 3. Grate all of the Asiago (or Parmesan) cheese, and set aside about 1/2 cup for Saturday.
Thursday	Balsamic BBQ Chicken , Sweet Potato Fries , & Green Salad	<ol style="list-style-type: none"> 1. Make double the chicken you need and reserve half for Saturday's dinner. 2. You can use whatever spices you like for the sweet potato fries. Cube an extra 2 1/2 cups of sweet potato and save for Friday.
Friday	Bacon, Kale, & Sweet Potato Breakfast Burritos	<ol style="list-style-type: none"> 1. Tortillas are optional here. If you have extra salad greens, the filling is great as a salad.
Saturday	Leftover BBQ Chicken & Avocado-Bacon Parmesan Salad	<ol style="list-style-type: none"> 1. Slice up leftover chicken and heat in a skillet. 2. Feel free to leave out the bacon in the salad.

Shopping List: Low-Carb Winter #1		
Produce	Other	Pantry
4-5 large carrots	1 can of chipotle peppers in adobo sauce	spices: cumin, oregano, curry,
3 onions	1 1/2 - 2 lbs beef roast or steak	diced tomatoes
salad greens for 3 meals	salsa or pico de gallo	beans: black, garbanzo
2-4 avocados	cheddar cheese	broth: chicken, beef
1 russet potato	sour cream	vinegar: balsamic, apple cider
4-5 sweet potatoes	milk	tomato sauce
fresh cilantro	eggs (at least 8)	brown sugar
cauliflower	heavy cream or half-n-half (optional)	worcestershire
limes	8 ounces Asiago or Parmesan	dijon mustard
fresh mint (optional)	2 lbs chicken	quinoa or rice
2 bunches kale or chard	bacon	honey or agave
lemons	tortillas (optional)	coconut milk
red bell pepper	mayonnaise or yogurt	
green onions	buttermilk dressing	
3 onions		
fresh garlic		